**Nutrition Consultant Notes on Client \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

In this project, you and your partner are consultants at a nutrition clinic. Given your client's biography, the two of you are responsible for developing a nutrition proposal. In this proposal, you will determine your client's daily nutritional needs, analyze their current energy intake, and develop some goals and recommendations in order for your client to maintain healthy nutrition habits.

General Information  
Gender: \_\_\_\_\_ Age: \_\_\_\_\_\_ Height: \_\_\_\_ Weight: \_\_\_\_\_

Exercise: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Goal/concerns: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

BMR: \_\_\_\_\_\_\_\_ Daily calories needed: \_\_\_\_\_\_\_\_\_\_\_\_\_

Analysis of Clients Diet:

Use these or other websites in order to find information regarding the nutritional content of the foods. These sites give information regarding calories, carbohydrate, fat, and protein content for just about any food imaginable:

USDA**. Nutrition Data Laboratory Online Database:** [**http://www.nal.usda.gov/fnic/foodcomp/cgi-bin/list\_nut\_edit.pl**](http://www.nal.usda.gov/fnic/foodcomp/cgi-bin/list_nut_edit.pl)

**Choose My Plate**: <http://www.choosemyplate.gov/>

* Look up a food

**MyPlate Food Guide:**

<http://kidshealth.org/parent/nutrition_center/healthy_eating/myplate.html>

USDA. **Steps to a Healthier You:**

<http://www.choosemyplate.gov/STEPS/stepstoahealthierweight.html>

Conclusion of Current Energy Intake:

* Carbohydrates per day (how much, too much or too little?)
* Fats per day (how much, too much or too little?)
* Proteins per day (how much, too much or too little?)
* Calories per day (how much, too much or too little?)

Future Nutrition Recommendations:

* Recommendations for each of the categories
  + Carbohydrates:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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* + Fats: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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* + Proteins: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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* + Calories: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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* Reasoning for recommendations (why should they change their energy intake?)
* Revised diet or lifestyle to reflect the recommendations: